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ABSTRACT

This workbook is part of the series, which describes the goals and objectives of schools and classes for pregnant minors, the financial assistance provided by the California Legislature, and the legal implications. This volume is designed for girls who stay in the special program for pregnant minors after delivery and until they attain a high school diploma. It assists in teaching the care of babies, their growth and development, and good parenting skills. (Author)

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# YOUR BABY IS BORN!

## WORKBOOK II

(Also available is Workbook I: You Are Pregnant! Now What?)

U S DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION

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# YOUR BABY IS BORN!

Congratulations on the birth of your baby!

This part of the Workbook will offer suggestions to help you care for your baby so he may develop into a healthy and able child. Your instructor/advisor will provide additional information and will enlarge on each section. Also, several books will be recommended to you so you may add to your knowledge and thus be better prepared to care for your baby.

Parents play a very important part in the future of their children. Recent studies have shown that over 65 percent of all that a person learns in his whole life, he learns before he is six years of age. For this reason, your influence on your child's future is great.

Remember that your baby's greatest need is for love, security, and guidance that parents alone can give him.

You play a large part in shaping your baby's future.

Enjoy your baby. Through your enjoyment, you help him to become an adult who can give enjoyment to others and experience joy himself.

(Note: Throughout this section your baby is referred to as "he" but suggestions apply to both sexes.)

## 15. NEWBORN

The birth of a baby is a thrilling event. Your baby is a girl_____ a boy_____.

You named your baby _____.

In the delivery room breathing was established. The doctor cleared the mucus from the baby's nose and throat to help the baby breathe.

As soon as the baby was breathing, and the pulsation in the cord was stopped, the cord was cut to separate your baby from you.

Drops were put in your baby's eyes. This is a State law as a safeguard against possible infection of the eyes.

Every newborn baby looks different--some are plump and pink; some are red and scrawny; black babies often have a blue tint to their lips, fingers, and toes. The heads of newborn babies are most generally large in comparison with the rest of their bodies. Since the bones in their heads are soft, their head may be elongated from passing through the birth canal. It soon will be round. Most Caucasian babies are born with blue-gray eyes. Newborn black babies usually have brown eyes. The baby's skin is covered with a coating which looks like cold cream. It is to protect the skin from infection and irritation and it also lets the baby slip through the birth canal.

A newborn baby probably will not look at you. His eyes may slide around the room, may go crossways, or may go off sideways. He has to learn to focus his eyes. A new baby does not make tears and probably will not for at least five or six weeks.

# THE BABY IS BORN

Name _____

Date of birth _____

Time of birth _____

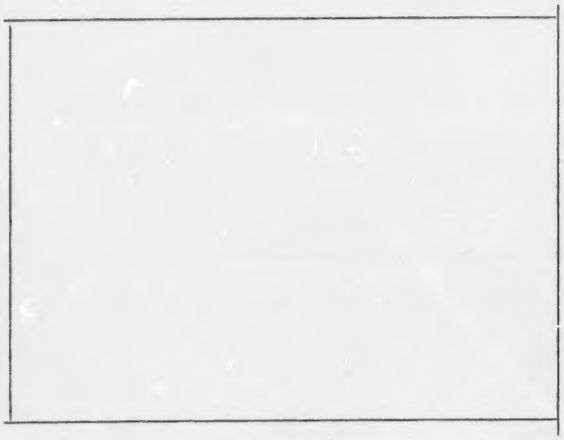
Birth weight _____ Length _____

Hospital _____

Name of Doctor _____

Birth Certificate Number _____

Hair Color _____ Eye Color _____



How did your baby look when you first saw him?

Describe your feelings when you first saw your baby.

## 16. SLEEPING

One of the first decisions you will need to make before you go to the hospital is where your baby is going to sleep when you bring him home.

Your baby will sleep most of the day during the first month. Some babies sleep as much as 18 to 20 hours out of the 24 hours in a day. Others sleep less. All do not require the same amount of sleep. All babies stay awake longer as time goes on.

Put your baby to bed on his stomach with his head turned to one side. This position lets mucus and milk, which is spit up, to roll out without choking him.

Since your baby will spend a lot of time sleeping, it is best if he can have his own bed. You may be able to buy a used bassinet or borrow one for the first few weeks. Since the baby's active legs and arms will soon hit the sides, you might start out with the standard crib size (54 x 27 inches) and it should last for several years. Check the spaces between the bars of the crib and be sure they are close enough so a baby's head could not go through.

The mattress should be firm and flat with a waterproof cover. A pillow is not needed and should not be used.

Your baby will learn to sleep with ordinary household noises, so do not try to keep everything quiet.

It is not a good idea to take your baby to bed with you. A baby soon learns to like sleeping with you and will not want to sleep in his own bed. It is possible that you might fall asleep and roll over on your baby or pull the covers too tightly around him.

Think about your baby's sleeping habits this past week and answer the questions on the next page.

What were your baby's sleeping habits the past week:

1. Where does your baby sleep?

2. How many hours did he sleep at one time?

3. Do noises seem to bother him?

4. When you put him in bed, does he wiggle all over the crib or does he stay in one place?

Check to see that the bars on your baby's crib are close enough so that his head can't get stuck.

## 17. FEEDING YOUR BABY

A child grows and develops more rapidly during the first few weeks of life than at any other time. Therefore, it is easy to understand that good nutrition is very important during this time. Feeding does more than give the nourishment that the body needs. It can help a beautiful warm relationship with the parents to develop.

Milk is the baby's first food. It can be formula from a bottle or from the mother's breast. Generally, feedings should not be less than three hours or more than five hours apart.

Mother's milk is close to perfect for babies. It is clean as it comes from the breast, it is the right temperature for the baby, free of additives, portable, can save a lot of work (you don't need to buy extra equipment) and it can be a satisfying experience for both you and your baby. The first milk is preceded by a watery fluid called colostrom and is believed to help prevent the baby from infections. It takes two or three days for a mother's milk to come. It will be thin and bluish. Your milk will ordinarily supply adequate amounts of all the essential nutrients during your baby's first months with the exception of vitamin D, flouride, and iron. Breast milk is more than just food as it contains antibodies to build the baby's resistance to infection.

Successful breast feeding depends largely on how much you want to breast feed your baby. Getting too excited, too tired, or over anxious can slow your milk supply. To make sure your milk is good and plentiful, get enough of the right foods.

If you have told your doctor that you plan to breast feed, your baby will be brought to you at the hospital for you to put to your breasts before your milk has arrived. Generally speaking, the sooner after a baby feeds from the breasts the better the prospects are of successful feeding. He learns to suck and to develop an appetite. It will also help to condition your breasts and to stimulate your milk production.

To start your baby to nurse, hold your breast against your baby's cheek and allow him to work to find the nipple. He will instinctively turn his face toward the side that is touched. Press your breast away from his nose so he can breathe. His mouth should cover the dark area encircling the nipple. This enables him to get more milk and not irritate your nipple.

Five to eight minutes will probably be as long as a new baby will need. The time will increase as your baby gets older and larger. Breast-fed babies tend to stop when they are satisfied. Don't pull the nipple from your baby's mouth when he is finished. Break the suction gently by placing your thumb on the breast near the baby's mouth and allow a little air to come between his lips and your nipple.

You may need to burp your baby during feeding and at the end of the feeding period. Support the baby against your shoulder or leaning forward in your lap, and pat him gently on his back. This helps him bring up air. A cloth or towel on your shoulder or lap may save your clothes from getting soiled.

The nipples should be cleaned daily and kept clean and dry to prevent irritation and cracks of the skin that lead to soreness. The length of time that you breast feed will depend on your health and how your baby reacts. Learning to breast feed takes time and patience--do not become discouraged. You will find it rewarding.

If you choose to bottle feed, your doctor will recommend a formula. Formulas are available in powder, concentrated liquid, and ready to feed forms. Check the manufacturer's expiration date on the container before purchasing. Prepare according to the directions given to you by your doctor. Test the temperature of the milk by shaking a few drops on your wrist. It should feel warm, not hot.

The same close relationship should exist between you and your baby during bottle feeding as with nursing. You should be completely relaxed and free from distraction. Hold your baby in your lap with his head slightly raised and resting in the bend of your elbow. Hold the bottle so that the neck of the bottle and nipple are always filled with formula. This helps keep your baby from swallowing air. The milk should flow through the nipple in a series of drops. Watch the rate at which bubbles rise in the bottle during feeding. The size of the nipple holes and the tightness of the collar influence the flow. Tighten the collar for a slower feeding. Take the nipple out of the baby's mouth occasionally to keep it from collapsing.

NEVER, NEVER prop the bottle and leave your baby to feed alone. Burp your baby several times during feeding and at the end of the feeding period. Place your baby against your shoulder and gently pat his back.

Should you have any questions about your baby's feedings, your doctor will give you advice.

Your baby will probably be ready to try to drink from a cup when he is seven or eight months old. Once he shows you that he enjoys drinking from a cup, have him gradually give up the bottle or breast.

The introduction of solid foods varies greatly among doctors. Follow your doctor's advice about when and how much of solid food to give your baby. Cereals or fruits or both will probably be the first solid food suggested by your doctor. Now your baby is going to have to use his tongue to push the food to the back of his mouth before swallowing. Try one new food at a time with only a taste for a starter. At first thin the new food with milk until it still resembles milk in consistency. As your baby gets familiar with the spoon, you can thicken the mixture some each day. Most babies do not enjoy or even accept lumpy food until they are about eight months old. Most of the babies at this time ca sit steadily and start to have teeth.

You can easily make your own baby food. If you make it, you will know what is in it. Be sure all the items you use are spotlessly clean.

You will need a blender or a food mill. All you need to do is prepare and cook fresh vegetables and fruits, grind or blend. Add a little milk or some other liquid, until the food is the right consistency. You may make your baby's food fresh each day or you may want to make a supply for a week or two and freeze it. Pour the pureed food into ice cube trays for individual servings. When frozen you can remove them from the trays and store in air-tight containers or plastic bags in your freezer compartment. Thaw out as needed.

Your baby's contentment and steady gain in weight means your baby is doing well. Help your child to enjoy food, not to dislike it. Don't rush the feeding and don't become angry if he spits it out or makes a mess.

1. How many times a day are you feeding your baby?

2. Record what your baby ate yesterday.

3. Do you always hold your baby when he is fed?

4. Did you talk to your baby during feeding time?

5. Did you give him plenty of time to eat his meal?

## 18. WHY BABIES CRY

Crying is your baby's only way of letting you know that he is uncomfortable, that he feels hungry or thirsty, hot or cold, or even lonely. It is his way of letting you know that he needs something, and therefore you will always want to see if you can find out why he is crying.

During his first weeks of life hunger will probably be the cause that will most often cause your baby to cry. At first you may not be able to tell his hunger cries but you soon will be able to.

Babies cry because they are tired. If he has been awake for a longer than usual time he may cry because he is too tired and too keyed-up to go to sleep. He may have to cry a little while in his bed before he falls asleep.

Your baby may cry because he has an air bubble in his stomach. He will stop as soon as he is burped.

If a baby is cold he will cry.

He may be crying because he has a wet, uncomfortable diaper, or an open pin could be hurting him.

He may have an uncomfortable loneliness and a desire for the close, warm prenatal environment that he was accustomed to for nine months before birth. A change of position may make him comfortable.

When your baby cries, check the things that make him uncomfortable. If your baby continues to cry after you have made sure everything is o.k., you may have to let him cry for awhile. It may be very hard for you to listen to his crying, but it is a natural thing for a baby to cry and very often there is no cause for you to be alarmed.

If, however, your baby cries for a long period of time and you are unable to find the cause, check with your doctor.

1. Does your baby have different cries? Can you tell them apart?

2. What time of day does your baby cry most?

3. When he cries, what do you do?

## 19. HOW TO BATHE YOUR BABY

During the first few months of your baby's life, good feelings are mostly through his skin and the bath time is a happy time because he is being cuddled, stroked, and patted.

Give sponge baths until his navel and circumcision are healed, which should be in one or two weeks.

Before you begin his bath, have everything you need within reach, since once the baby is on the table or in his tub, you must never leave him alone. You will need soap, pieces of cotton, powder or cornstarch, a washcloth, and two towels, baby's clean clothes for dressing him after the bath. This includes: a diaper, pins if needed, undershirt, a gown suitable for the season, booties if weather requires them, and a blanket.

Remove any jewelry before bathing your baby so you will not scratch his tender skin.

The room should be warm and draft free. Have water at body temperature--it should feel comfortable, not hot or cool to the elbow. Fill the tub to a depth of approximately three inches.

Do remember to talk to your baby while you bathe him.

Wash baby's face and head before he is placed in the tub. Baby's eyes cleanse themselves so just gently wipe the eyelids with cotton dampened in soapless water. Wipe toward the outside of the face, using fresh cotton for each eyelid. Clean the outer ears and the nostrils with cotton swabs. Do not attempt to remove wax inside the ear canal as doing so can be dangerous. Next wash the face with freshly dampened cotton. Wet his head with the washcloth and apply a mild soap. Wring out the cloth and rinse off the soap, holding your baby's head back so the water won't drip in his eyes.

Slip your baby into the tub feet first, supporting his head and shoulders and keeping his head out of the water. Hold securely with one hand while you soap and rinse his entire body with the other. Clean between the folds of his neck, arms, legs, and genital area. Lift him out of the tub onto a large towel and pat him dry.

Apply lotion, oil, cream, powder, or cornstarch and dress him in clean clothes. You will need to provide support for his body while you dress him.

Having dressed him, cuddle and talk to him before returning him to his crib.

1. List the facilities you used when you bathed _____.

2. Did your baby like his bath?

3. What did he do that told you he liked it or did not like it?

4. Does he like his bath more now than the first time you bathed him?

5. Did you talk to your baby while you bathed him?

6. Did you keep one hand on your baby at all times during his bath?

## 20. VISITS TO DOCTOR OR CLINIC

You should make regularly scheduled visits to a doctor or a clinic, even though your baby appears well. The doctor will give your baby a physical examination and prescribe changes in care and feeding.

In a Well Baby Clinic there is a doctor and a public health nurse to examine your baby. They provide services, usually at no charge, for infants and children most generally two months to five years old. They give the necessary immunizations. On the first visit to the clinic, your baby will be given a complete physical examination by a doctor. The nurse will see and talk to you. She will answer any questions you may have. Also a public health nurse will be glad to call at your home.

Telephone Number for Doctor or Clinic _____

Address _____

Date of Appointment: _____Day _____Time

Questions that I want to ask:

Age _____

Length _____

Weight _____

Doctor's instruction or advice:

I will take _____ back for another appointment on

Date _____ Day _____ Time _____

Questions that I want to ask:

Age _____

Length _____

Weight _____

Doctor's instruction or advice:

I will take _____ back for another appointment on

Date _____ Day _____ Time _____

Questions that I want to ask:

Age _____

Length _____

Weight _____

Doctor's instruction or advice:

I will take _____ back for another appointment on

Date _____ Day _____ Time _____

Questions that I want to ask:

Age _____

Length _____

Weight _____

Doctor's instruction or advice:

I will take _____back for another appointment on

Date _____Day _____Time _____

Questions that I want to ask:

Age _____

Length _____

Weight _____

Doctor's instruction or advice:

## 21. YOUR BABY'S IMMUNIZATIONS

Following is a suggested immunization schedule for your baby, but your doctor or the clinic may give you a slightly different schedule.

| | |
|---|---|
| 2 months | first diphtheria, pertussis (whooping cough), tetanus (DTP) first polio vaccine |
| 4 months | second DTP vaccine, second polio vaccine |
| 6 months | DTP vaccine completed, polio vaccine completed |
| 1 year | measles vaccine |
| after 1 year | rubella vaccine; mumps vaccine |

Keep a record of your baby's immunization. This will be necessary if your child goes to a day care center, or nursery school, and when he goes to kindergarten.

| Immunizations | Dates | Boosters |
|---|---|---|
| DTP | | |
| Polio | | |
| Measles | | |
| Rubella | | |
| Mumps | | |
| Others | | |

## 22. WHEN YOUR BABY IS SICK

Sometimes it is hard to decide if your baby is sick. Call your doctor if:

1. Your baby has a fever of 101 or above, by rectum, especially when your baby is small. A temperature of just under 100 is considered normal when it is taken by rectum.
2. Vomiting or refusing feedings several times a day.
3. Excessive crying, listlessness, or drowsiness.
4. Development of an unusual rash.
5. Shortness of breath, or blueness in skin color.
6. Loose, watery, or foul smelling stools.
7. When you feel alarmed and concerned.

Before you telephone the doctor, write down what seems wrong with your baby. Your description of how the baby looks and acts has a lot to do with what the doctor tells you to do.

Take your baby's rectal temperature before calling the doctor. He will probably ask you to describe the color, consistency and frequency of your baby's stool in the last 12 hours. He may ask about the baby's sleep, vomiting, his appetite, any rash, or if he seems to have any pain.

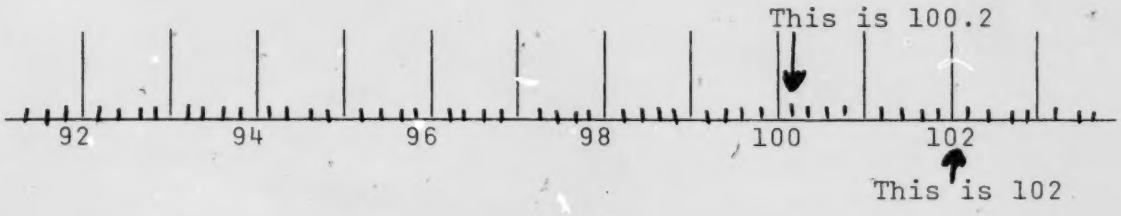
Follow your doctor's advice very carefully and study the instructions on any prescriptions for medicine.

Remember that your baby needs extra attention and extra affection when he is sick.

## Taking Your Baby's Temperature

To take your baby's temperature, use a rectal thermometer. Shake it until the mercury falls to below 97 degrees F. Put a little petroleum jelly on the tip of it. Lay your baby on his stomach, hold his buttock apart with your fingers and gently insert the thermometer about one inch. Keep it in place about one minute. Read the thermometer along the narrow edge by holding the thermometer up to the light with the narrow edge toward you. Rectal and oral thermometers differ in the shape of the bulb. A baby's rectum is warmer than his mouth and rectal temperature is usually about a half to one degree higher than the mouth temperature.

How to Read a Thermometer



1. List a time when your baby seemed ill.

2. What appeared to be wrong?

3. Did he cry more than usual?

4. Did he have a temperature? How much?

5. Did he have a rash?

6. Did he refuse to eat several times that day?

7. Any indication of earache?

8. Did he have diarrhea?

9. Did you call the doctor?

10. What was the diagnosis?

11. Did the doctor prescribe medicine?

12. List what it was and the times you gave it to the baby.

Keep a record of communicable diseases (such as measles) your baby may get with the date for future reference.

| Disease | Dates |
| --- | --- |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

## 23. LOVING

A mother's love is as vital to a baby as his food. A baby does not know about love but is ready to learn. A baby needs milk and he needs love. He needs milk for his body to grow and he needs love for a healthy mind. It is love that makes your baby want to kick, smile, and make cooing noises.

A baby knows if he is loved and wanted. Your baby will know by the way you cuddle and hold him, by the way you play with him and by the way you talk to him. His first lesson in love is when his mother holds him to comfort him. It is through touching that he learns the emotion of love. Take time to show him how much you love him. It is not the money that you spend for fancy clothes and expensive toys that shows you love him, but the time you spend with him and the simple things that you do to him and with him.

Some of the simple things you do that shows your baby you love him are stroking his cheeks, tapping his nose, touching and fondling his toes and fingers, nuzzling in his tummy while he laughs and pulls your hair, rocking and swaying with him, singing to him, pushing against his feet so he can push back. Everytime you touch, cuddle, or talk to your baby you are teaching him about love.

A baby needs to feel the love of others to help him express his own love. He can't learn about love alone. If he feels love come from others, he will learn to express love in return. A baby who feels that he is loved and wanted will probably grow into a loving, outgoing child.

It has been found that a baby in an institution given good food and kept clean, but who is not being touched and cuddled by someone who cares, will become silent, listless and his physical growth will almost stop. It has been known that children completely deprived of love have died.

There will be times when you feel exasperated and not happy with your baby. This is very normal so don't feel you are a failure as a mother if these feelings come to you. Try to get someone to care for your baby for a short time so you can get away.

Babies are never spoiled by being given love; it gives them strength and helps them to grow. Every child must get his full share of the wonderful thing--love. Your baby will thrive on your enjoyment of him.

1. Have you cuddled your baby today?
2. Have you kissed your baby today?
3. Have you smiled at your baby today?
4. Did your baby smile back at you?
5. Did you cuddle your baby yesterday?
6. Did you kiss your baby yesterday?
7. How often did you smile at your baby yesterday?
8. Did your baby smile back at you?
9. When was the last time that you sang to your baby?
10. How long did you play with your baby yesterday?
11. How did you play with your baby yesterday?
12. How have you played with your baby today?

## 24. PHYSICAL GROWTH AND DEVELOPMENT

Your baby's growth in height and weight should be steady. If it is steady, it shows that he is healthy and getting good care, which is more important than how much he has gained in weight or grown in height. Most babies gain about 1/2 pound a week up to five months and then around a pound a month until they are a year old.

Your baby grows in other ways than by gaining weight. He grows in his ability to move about and to see, to taste, to hear, and to feel. He has much to learn. You can help him by providing stimulants and encouragement.

Mobiles over his crib helps his vision development. They help to strengthen his eyes and break the monotony of looking at the ceiling. Use only one mobile at a time, changing it from time to time. Mobiles that tinkle or jingle interest him and stimulate hearing. Place his crib in the middle of the room, if possible, so your baby may look in all directions and develop both eyes at the same time.

During the first three months of your baby's life, his body will probably be very tense. His arms and legs may be bent and his fists clenched. You need to give him exercises that will relax his arms and legs and loosen up his body. Patting and massaging his arms, legs, neck, and back slowly help relax them and also help to develop his feelings. Pat his shoulder area and gently tossing his arms up and down help make his hands open. To relax his arms when your baby is on his back, put your forefingers or thumb in his palms, then gently stretch his arms out to the side and then fold them across his chest. To help him relax his legs, pat them and then move one knee up to his chest and then the other one. Sing or talk to him as you do these exercises; he will enjoy them even more and your voice will help to stimulate his hearing. You need to spend only 5 to 10 minutes doing these exercises.

When you feel that your baby's body is relaxed, probably between three and six months, you should spend some of the time that you are with him in preparation for him to learn to sit up. Let him play on the floor for short periods of time. When he is on his back grasp his hands and pull him gently to a sitting position.

All babies develop in the physical things they can do at different rates. Your baby may not sit up alone as soon as your friend's baby who is the same age, but that does not mean that your baby is not normal. The development and growth of

a child is continuous and orderly. Your child learns to turn over, to sit, to crawl, to stand and to walk in that order. He develops first his head, neck and arms, and down towards his feet which are last to develop. He learns to coo, to babble, and then to speak. During the first year babies develop at different rates and always in the same order.

All babies are different and all babies are special.

Keep a record for at least a week of the activities that you did with your baby. Describe the activity, time spent on each activity, and how successful you felt your activity was. It is good for your baby to do the same activity several days in a row.

| Day | Activity | Time Spent | How I felt | Baby's Reaction |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

## 25. TEETHING

The buds of your baby's teeth begin to form at about the sixth week of prenatal life, the same time his head and face are fully formed. The tooth buds begin to harden at about the 16th week.

Teething is a natural process. Generally teeth start to come through when a baby is between six and nine months of age, sometimes earlier. Some babies drool before the first tooth breaks through the gum, their gums may look red and swollen, they may chew and bite everything they can get into their mouths; other babies do not show any signs that a tooth is about to appear.

Your baby's first teeth will probably be the two lower central teeth and they will be followed by the two upper front teeth, and then the teeth on either side. After a few months come the two teeth on either side of the lower middle ones, and the four first molars, and then the four pointed canine teeth fill in. His first molars will probably appear when he is between 12 and 18 months. Variation in the order that your baby's teeth appear is no cause for you to be alarmed.

List the dates when your baby gets his first teeth.

| Upper | Lower |
|---|---|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |
| 5. _____ | 5. _____ |
| 6. _____ | 6. _____ |

## 26. LEARNING TO TALK

One of the most important things that you can do for your baby is to talk to him. Talking to him makes him interested in talking. Even if he doesn't understand the words, the sound of your voice, its rhythm and pattern, will contribute to his learning to talk. Talk to him while you are feeding him, while you are bathing him, and while you change him. Talk to him anytime you are where he is. Talk in a normal voice. Talk about what you are doing, what you are going to be, or whatever is really on your mind.

Babies begin learning language during the earliest months of their lives. They listen to what goes on around them. They try to imitate the sounds they hear. They seem to enjoy making sounds. They love to hear their own sounds repeated back to them. This encourages them to do it again. When your baby makes a sound like a coo or gurgle, repeat the sound he makes. Most often he will coo or gurgle again.

Babies often make vowel sounds during their first months of life. They will soon after this make two vowel sound combinations like ah-goo. When your baby is seven or eight months old you will probably be able to notice his making distinct syllables and repeated syllables like da-da. He will next begin to make his wants known with single words instead of by crying.

When he is between six and twelve months, begin to look at picture books with him. He may try to lift the pictures off the pages. Name familiar people, objects, or words when you are with him. Repeat them often. Point to and name your baby's parts of his body while he is looking at himself in the mirror. Do this frequently.

It will be probably between 10 and 12 months when your baby will say a real word. Some children become interested in talking early and others find other things more interesting and will not say many words before they are two years old.

1. How many times did you talk to your baby yesterday?

2. Did you talk to him as you diapered him?

3. Did you talk to him as you bathed him?

4. Did you talk to him as you fed him?

5. Did you respond to the different tones in his voice?

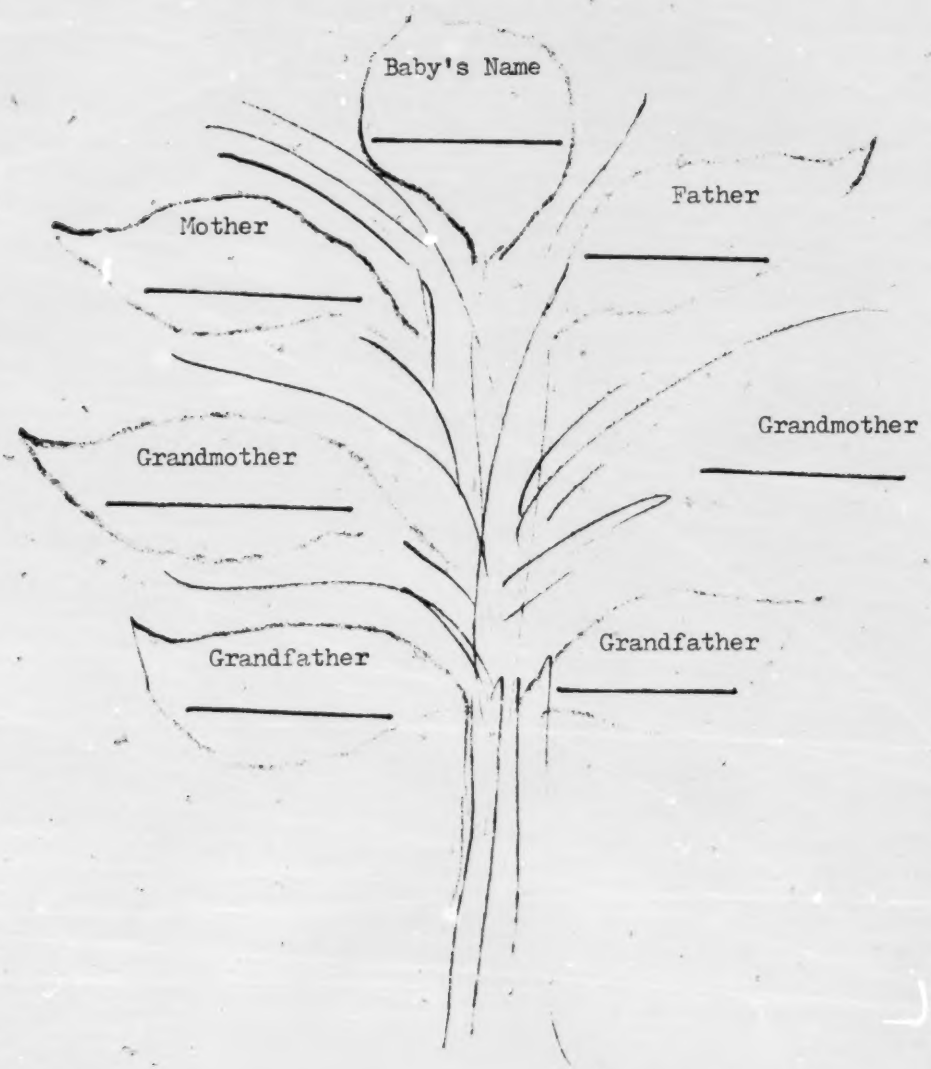
## 27. YOUR BABY'S DEVELOPMENT RECORD

Name _____ Birthdate _____

Birth Weight _____ Length when born _____

| | Age in weeks-months |
|---|---|
| Head control | |
| Sleeps all night | |
| Eyes follow moving objects | |
| Takes first solid food | |
| Notices his hands | |
| Laughs out loud | |
| Rolls over from back to stomach | |
| Sits alone without being propped | |
| Cut first tooth | |
| Reaches for things | |
| Creeps or crawls | |
| Makes gesture of bye-bye | |
| Drinks from a cup | |
| Pulls self to feet | |
| Stands alone | |
| First words | |
| First steps alone | |

28. FAMILY TREE



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YOUR BABY IS BORN!

WORKBOOK II

A workbook for each individual girl enrolled in a special program for pregnant minors to be used in conjunction with classes such as "Family Living," "Modern Living," "Infant Management," "Nutrition," "Child Development," etc.

(California Administrative Code, Title 5, Section 3644.)

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